

Gourmet To Go

From Carleton-Willard At Home



*This menu is valid for orders
delivered through April 21, 2026*

HERE'S HOW IT WORKS

These healthy prepared meals are packed and flash frozen by chefs at Carleton-Willard Village. Neither trans-fats nor sodium-added margarine are used in preparation. The meals can be easily reheated in your microwave oven.

Please order as many meals as you wish. You may place orders for more than one week's meals at a time.

Soups (12 fl oz.) are ordered separate from entrées and cost \$4 each.

One Entrée + Two Sides of your choice costs \$10.

Please choose your two sides from the 'Side Dishes' menu.

Desserts cost \$3 per serving and may not be ordered alone.

The price includes all taxes. **Delivery is free.**

This service is exclusive to Carleton Willard At Home members.

How to Order ~

The "**Order By**" date is listed at the top of each section in red print.

Make your selections and call or email them to us by noon on the "Order By" date shown at the top of each week's menu.

At Home office **781.276.1910** or **membership@cwathome.org**

On a **Tuesday** afternoon, **two weeks after** you have called it in to us, your order will be delivered **between 1pm and 5pm.**

The delivery date is clearly marked on your menu.

Note ~ Someone needs to be at home to receive the meals.

PLEASE NOTE

- ♦ You may order up to two sides per entrée.
- ♦ Soups are offered as single orders and *not* combined with the entrees nor sides.
- ♦ Each 12 oz. serving of soup costs \$4 and has an estimated sodium content above 900 mg.
- ♦ A salt shaker icon indicates those menu items containing more than 400 mg. of sodium. 
- ♦ Desserts cannot be ordered on their own and must be accompanied by a meal order.
- ♦ Dessert servings are 4 cookies or 2 brownies/bars (3"x3" each), *all containing gluten*.
- ♦ Please call us if you are concerned about the allergens or ingredients in any meal.

**AT HOME OFFICE:
781.276.1910**



A word about Sodium...



We here at Carleton-Willard At Home know that sodium is something that most Americans get too much of. Sodium is a mineral that is found in some food naturally. It is frequently used in the processing of food, as a preservative, and flavor enhancer and sodium makes up 40% of the salt molecule. Many think that avoiding the salt shaker is enough, but that is only a small part! About 70% of all sodium consumed comes from processed foods.

To help cut down on sodium, it is our practice to use whole, fresh ingredients that have been minimally processed, to create delicious healthy meals that happen to be lower in sodium. We have reformulated recipes for some foods in order to lower the sodium levels. This does not mean, however that all our meal offerings should be considered low in sodium. Just like balancing your check book, you need to balance your sodium intake. If you choose to eat an item that is higher in sodium, eat lower sodium foods the rest of the day. Reducing the portion sizes and frequency will also help lower your sodium intake!

We are adding a **salt shaker symbol** to those entrees in this menu that contain an estimated sodium content **greater than 400 milligrams (mg)**. This guide can help you balance your overall daily sodium intake.

Please note: **All soups are greater than 900 milligrams (mg).**

The daily recommendation for sodium is 1,500 milligrams for people 51 years and older or those with high blood pressure. Some may need lower amounts to control their blood pressure. If you are not sure whether you are one of these people, or have specific questions you should consult your care provider.

A Few Tips:

Take a look at food labels and find out where the sodium is in your daily diet. High amounts of sodium are found in canned soups; cheese; pizza; prepared salad dressings; smoked and processed meats like hot dogs, ham, and sausage; cured meats like bacon; pickle and olives; condiments (like catsup, mustard and soy sauce); tomato products; packaged rice, noodles, gravies and mixtures; instant cereals; crackers and breads; seasoning mixes and salty snacks.

To reduce your sodium intake, start by using less or no salt when preparing foods; drain and rinse canned items like tuna and beans to remove some sodium; look for lower sodium varieties of canned items; choose fresh vegetables rather than canned; use herbs, onions, garlic and lemon juice to season foods rather than salt.

AVAILABLE EVERY WEEK

Vegetarian Choices



Ravioli with Marinara Sauce 

Allergen: Gluten & Dairy

NOTE: The pasta is made of wheat.

Desserts



Chocolate Chip Cookies (4 pieces)

Oatmeal Cookies (4 pieces)

Sugar Cookies (4 pieces)

Brownies (2 pieces)

Raspberry Squares (2 pieces)

NOTE: All desserts contain gluten.

Side Dishes

CHOOSE TWO SIDE DISHES PER ENTRÉE

- **Roast Maple Sweet Potatoes** Allergen: dairy
- **Flame Roasted Baby Baked Potatoes**
- **Roasted Red-Skin & Yukon Gold Potatoes**
- **Mashed Potatoes** Allergen: dairy
- **Mashed Sweet Potatoes** Allergen: dairy
- **Wild Rice Pilaf**
- **Rice Pilaf**
- **Green Beans**
- **Asparagus Cuts**
- **Carrots**
- **Green Peas**
- **Whole Kernel Corn**
- **Chopped Spinach**
- **Broccoli**
- **Cauliflower**
- **Southwestern Roast Corn & Black Beans with Bell Pepper & Onions**
- **Six Vegetable Medley**

**** Note:** *These dishes are prepared using zero-sodium, soy-based products*

Menu for Delivery on Tuesday October 28, 2025

Order must be placed by noon on October 14

You may order two sides with each entrée. Soups are ordered singly

Cream of Broccoli Soup
Allergen: dairy

Potato Leek Soup
Allergen: dairy

Beef Vegetable Soup

White Bean & Escarole Soup

New England Clam Chowder
Allergen: dairy, shellfish

Herb Crusted Beef Tenderloin with Blue Cheese Butter
Allergen: dairy



Salmon Piccata with Herbed Angel Hair Pasta
Allergen: dairy, gluten



Apple Cider Grilled Flank Steak with Horseradish Cream Sauce
Allergen: dairy

Spinach, Manchego Cheese & Fig Stuffed Chicken w Saffron Cream Sauce
Allergen: dairy

Seared Crab Cakes with Cajun Remoulade Sauce
Allergen: shellfish, gluten, eggs



Corned Beef & Cabbage Dinner (boiled potatoes, turnips, carrots)



Baked Haddock w Lemon, Butter Ritz Crumble
Allergen: gluten, dairy



Blackened Swordfish w Lump Crab Tomato Salsa
Allergen: shellfish

Menu for Delivery on Tuesday November 4, 2025

Order must be placed by noon on October 21

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish, dairy

Harvest Turkey Soup
Allergen: gluten

Butternut Squash Soup
Allergen: dairy

Navy Bean & Smoked Ham Soup

Rosemary Crusted Rack of Lamb with Pomegranate Salsa

Seared Scallops over Sauteed Leeks w Mango Curry Chutney
Allergen: shellfish

Peach Barbecue Pulled Pork w Creamy Cole Slaw
Allergen: dairy



Chicken Saltimbocca with Lemon Beurre Blanc
Allergen: dairy



Shrimp Etouffee w/ White Rice
Allergen: shellfish, dairy



Pan Seared Cod Basquaise

Thai Chicken Thigh w Coconut Curry Peanut Sauce
Allergen: nut, soy



Hoisin Baby Back Ribs



Menu for Delivery on Tuesday November 11, 2025

Order must be placed by noon on October 28

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup

Allergen: sesame, soy

**Spinach Veloute Soup w
Mascarpone Cheese**

Allergen: dairy

Shrimp Bisque

Allergen: shellfish, dairy

California Style Lentil Soup

Grilled Beef Tenderloin w Shallot, Caper, Balsamic Relish

Seared Salmon w Thai Lemongrass-Honey Sauce

Allergen: soy

Seared Fresh Tuna Steak w Avocado, Soy, Ginger & Lime

Allergen: soy



Baked Chicken Leg w Blackberry Sage Sauce

Lamb Stew



Baked Haddock with Lobster Crumb Topping

Allergen: shellfish, gluten, dairy

Chicken Cordon Bleu

Allergen: gluten, eggs, dairy



Cheese Ravioli & Grilled Italian Sausage w Tomato Cream Sauce

Allergen: gluten, dairy



Menu for Delivery on Tuesday November 18, 2025

Order must be placed by noon on November 4

You may order two sides with each entrée. Soups are ordered singly

Minestrone Soup
Allergen: gluten

Two Bean Soup

**Smoked Turkey w Shiitake
Mushroom Soup**

Seafood Chowder
Allergen: shellfish, dairy

Split Pea with Ham Soup
Allergen: dairy

Double Thick Lamb Loin Chop w Mint Drizzle

Baked Salmon w Creamy Greek Aioli
Allergen: dairy



Madeira Beef Stew with Braised Onions
Allergen: dairy



Seared Lemon & Cilantro Chicken Thigh w Green Olive Sauce

Indonesian Grilled Swordfish w Lemon Ginger Butter
Allergen: dairy

Crispy Lobster Cakes w Spicy Cilantro Lime Aioli
Allergen: dairy, gluten, shellfish



Savannah Meat Loaf w Creamy Pepper Gravy
Allergen: dairy, gluten



Duck Leg Confit

Menu for Delivery on Tuesday November 25, 2025

Order must be placed by noon on November 11

You may order two sides with each entrée. Soups are ordered singly

Crabmeat Bisque

Allergen: shellfish, dairy

Three Bean Chili

Italian Vegetable & Bean Soup

Allergen: gluten

Tomato Rice Florentine

Allergen: dairy

Sweet Potato Soup

Allergen: dairy

Crab Encrusted Halibut with Wasabi Vinaigrette

Allergen: shellfish

Prime Rib of Beef Au Jus

Chicken Parmesan

Allergen: gluten, dairy



Madeira Braised Short Ribs



Ginger Grilled Pork Tenderloin w Cranberry-Pear Relish

Yankee Pot Roast



Traditional Roast Turkey w Herb Stuffing and Gravy

Allergen: gluten



Seared Lemon Grass Catfish w Hoisin-Ginger Sauce

Allergen: soy



Menu for Delivery on Tuesday December 2, 2025

Order must be placed by noon on November 18

You may order two sides with each entrée. Soups are ordered singly

Cream of Broccoli Soup
Allergen: dairy

Potato Leek Soup
Allergen: dairy

Beef Vegetable Soup

White Bean & Escarole Soup

New England Clam Chowder
Allergen: dairy, shellfish

Herb Crusted Beef Tenderloin with Blue Cheese Butter
Allergen: dairy



Salmon Piccata with Herbed Angel Hair Pasta
Allergen: dairy, gluten



Apple Cider Grilled Flank Steak with Horseradish Cream Sauce
Allergen: dairy

Spinach, Manchego Cheese & Fig Stuffed Chicken w Saffron Cream Sauce
Allergen: dairy

Seared Crab Cakes with Cajun Remoulade Sauce
Allergen: shellfish, gluten, eggs



Corned Beef & Cabbage Dinner (boiled potatoes, turnips, carrots)



Baked Haddock w Lemon, Butter Ritz Crumble
Allergen: gluten, dairy



Blackened Swordfish w Lump Crab Tomato Salsa
Allergen: shellfish

Menu for Delivery on Tuesday December 9, 2025

Order must be placed by noon on November 25

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup

Allergen: dairy

Chicken & Shrimp Gumbo

Allergen: shellfish, dairy

Harvest Turkey Soup

Allergen: gluten

Butternut Squash Soup

Allergen: dairy

Navy Bean & Smoked Ham Soup

Rosemary Crusted Rack of Lamb with Pomegranate Salsa

Seared Scallops over Sauteed Leeks w Mango Curry Chutney

Allergen: shellfish

Peach Barbecue Pulled Pork w Creamy Cole Slaw

Allergen: dairy



Chicken Saltimbocca with Lemon Beurre Blanc

Allergen: dairy



Shrimp Etouffee w/ White Rice

Allergen: shellfish, dairy



Pan Seared Cod Basquaise

Thai Chicken Thigh w Coconut Curry Peanut Sauce

Allergen: nut, soy



Hoisin Baby Back Ribs



Menu for Delivery on Tuesday December 16, 2025

Order must be placed by noon on December 2

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup

Allergen: sesame, soy

**Spinach Veloute Soup w
Mascarpone Cheese**

Allergen: dairy

Shrimp Bisque

Allergen: shellfish, dairy

California Style Lentil Soup

Grilled Beef Tenderloin w Shallot, Caper, Balsamic Relish

Seared Salmon w Thai Lemongrass-Honey Sauce

Allergen: soy

Seared Fresh Tuna Steak w Avocado, Soy, Ginger & Lime

Allergen: soy



Baked Chicken Leg w Blackberry Sage Sauce

Lamb Stew



Baked Haddock with Lobster Crumb Topping

Allergen: shellfish, gluten, dairy

Chicken Cordon Bleu

Allergen: gluten, eggs, dairy



Cheese Ravioli & Grilled Italian Sausage w Tomato Cream Sauce

Allergen: gluten, dairy



Menu for Delivery on Tuesday January 6, 2026

Order must be placed by noon on December 9

You may order two sides with each entrée. Soups are ordered singly
There will be no meal delivery the weeks of December 21 and 28. Please place your order for delivery January 6, 2026 by December 9.

Cream of Broccoli Soup
Allergen: dairy

Potato Leek Soup
Allergen: dairy

Beef Vegetable Soup

White Bean & Escarole Soup

New England Clam Chowder
Allergen: dairy, shellfish

Herb Crusted Beef Tenderloin with Blue Cheese Butter
Allergen: dairy



Salmon Piccata with Herbed Angel Hair Pasta
Allergen: dairy, gluten



Apple Cider Grilled Flank Steak with Horseradish Cream Sauce
Allergen: dairy

Spinach, Manchego Cheese & Fig Stuffed Chicken w Saffron Cream Sauce
Allergen: dairy

Seared Crab Cakes with Cajun Remoulade Sauce
Allergen: shellfish, gluten, eggs



Corned Beef & Cabbage Dinner (boiled potatoes, turnips, carrots)



Baked Haddock w Lemon, Butter Ritz Crumble
Allergen: gluten, dairy



Blackened Swordfish w Lump Crab Tomato Salsa
Allergen: shellfish

Menu for Delivery on Tuesday January 13, 2026

Order must be placed by noon on December 30

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish, dairy

Harvest Turkey Soup
Allergen: gluten

Butternut Squash Soup
Allergen: dairy

Navy Bean & Smoked Ham Soup

Rosemary Crusted Rack of Lamb with Pomegranate Salsa

Seared Scallops over Sauteed Leeks w Mango Curry Chutney
Allergen: shellfish

Peach Barbecue Pulled Pork w Creamy Cole Slaw 
Allergen: dairy

Chicken Saltimbocca with Lemon Beurre Blanc 
Allergen: dairy

Shrimp Etouffee w/ White Rice 
Allergen: shellfish, dairy

Pan Seared Cod Basquaise

Thai Chicken Thigh w Coconut Curry Peanut Sauce 
Allergen: nut, soy

Hoisin Baby Back Ribs 

Menu for Delivery on Tuesday January 20, 2026

Order must be placed by noon on January 6

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup

Allergen: sesame, soy

**Spinach Veloute Soup w
Mascarpone Cheese**

Allergen: dairy

Shrimp Bisque

Allergen: shellfish, dairy

California Style Lentil Soup

Grilled Beef Tenderloin w Shallot, Caper, Balsamic Relish

Seared Salmon w Thai Lemongrass-Honey Sauce

Allergen: soy

Seared Fresh Tuna Steak w Avocado, Soy, Ginger & Lime

Allergen: soy



Baked Chicken Leg w Blackberry Sage Sauce

Lamb Stew



Baked Haddock with Lobster Crumb Topping

Allergen: shellfish, gluten, dairy

Chicken Cordon Bleu

Allergen: gluten, eggs, dairy



Cheese Ravioli & Grilled Italian Sausage w Tomato Cream Sauce

Allergen: gluten, dairy



Menu for Delivery on Tuesday January 27, 2026

Order must be placed by noon on January 13

You may order two sides with each entrée. Soups are ordered singly

Minestrone Soup
Allergen: gluten

Two Bean Soup

**Smoked Turkey w Shiitake
Mushroom Soup**

Seafood Chowder
Allergen: shellfish, dairy

Split Pea with Ham Soup
Allergen: dairy

Double Thick Lamb Loin Chop w Mint Drizzle

Baked Salmon w Creamy Greek Aioli
Allergen: dairy



Madeira Beef Stew with Braised Onions
Allergen: dairy



Seared Lemon & Cilantro Chicken Thigh w Green Olive Sauce

Indonesian Grilled Swordfish w Lemon Ginger Butter
Allergen: dairy

Crispy Lobster Cakes w Spicy Cilantro Lime Aioli
Allergen: dairy, gluten, shellfish



Savannah Meat Loaf w Creamy Pepper Gravy
Allergen: dairy, gluten



Duck Leg Confit

Menu for Delivery on Tuesday February 3, 2026

Order must be placed by noon on January 20

You may order two sides with each entrée. Soups are ordered singly

Crabmeat Bisque

Allergen: shellfish, dairy

Three Bean Chili

Italian Vegetable & Bean Soup

Allergen: gluten

Tomato Rice Florentine

Allergen: dairy

Sweet Potato Soup

Allergen: dairy

Crab Encrusted Halibut with Wasabi Vinaigrette

Allergen: shellfish

Prime Rib of Beef Au Jus

Chicken Parmesan

Allergen: gluten, dairy



Madeira Braised Short Ribs



Ginger Grilled Pork Tenderloin w Cranberry-Pear Relish

Yankee Pot Roast



Traditional Roast Turkey w Herb Stuffing and Gravy

Allergen: gluten



Seared Lemon Grass Catfish w Hoisin-Ginger Sauce

Allergen: soy



Menu for Delivery on Tuesday February 10, 2026

Order must be placed by noon on January 27

You may order two sides with each entrée. Soups are ordered singly

Cream of Broccoli Soup
Allergen: dairy

Potato Leek Soup
Allergen: dairy

Beef Vegetable Soup

White Bean & Escarole Soup

New England Clam Chowder
Allergen: dairy, shellfish

Herb Crusted Beef Tenderloin with Blue Cheese Butter
Allergen: dairy



Salmon Piccata with Herbed Angel Hair Pasta
Allergen: dairy, gluten



Apple Cider Grilled Flank Steak with Horseradish Cream Sauce
Allergen: dairy

Spinach, Manchego Cheese & Fig Stuffed Chicken w Saffron Cream Sauce
Allergen: dairy

Seared Crab Cakes with Cajun Remoulade Sauce
Allergen: shellfish, gluten, eggs



Corned Beef & Cabbage Dinner (boiled potatoes, turnips, carrots)



Baked Haddock w Lemon, Butter Ritz Crumble
Allergen: gluten, dairy



Blackened Swordfish w Lump Crab Tomato Salsa
Allergen: shellfish

Menu for Delivery on Tuesday February 17, 2026

Order must be placed by noon on February 3

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish, dairy

Harvest Turkey Soup
Allergen: gluten

Butternut Squash Soup
Allergen: dairy

Navy Bean & Smoked Ham Soup

Rosemary Crusted Rack of Lamb with Pomegranate Salsa

Seared Scallops over Sauteed Leeks w Mango Curry Chutney
Allergen: shellfish

Peach Barbecue Pulled Pork w Creamy Cole Slaw 
Allergen: dairy

Chicken Saltimbocca with Lemon Beurre Blanc 
Allergen: dairy

Shrimp Etouffee w/ White Rice 
Allergen: shellfish, dairy

Pan Seared Cod Basquaise

Thai Chicken Thigh w Coconut Curry Peanut Sauce 
Allergen: nut, soy

Hoisin Baby Back Ribs 

Menu for Delivery on Tuesday February 24, 2026

Order must be placed by noon on February 10

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup

Allergen: sesame, soy

**Spinach Veloute Soup w
Mascarpone Cheese**

Allergen: dairy

Shrimp Bisque

Allergen: shellfish, dairy

California Style Lentil Soup

Grilled Beef Tenderloin w Shallot, Caper, Balsamic Relish

Seared Salmon w Thai Lemongrass-Honey Sauce

Allergen: soy

Seared Fresh Tuna Steak w Avocado, Soy, Ginger & Lime

Allergen: soy



Baked Chicken Leg w Blackberry Sage Sauce

Lamb Stew



Baked Haddock with Lobster Crumb Topping

Allergen: shellfish, gluten, dairy

Chicken Cordon Bleu

Allergen: gluten, eggs, dairy



Cheese Ravioli & Grilled Italian Sausage w Tomato Cream Sauce

Allergen: gluten, dairy



Menu for Delivery on Tuesday March 3, 2026

Order must be placed by noon on February 17

You may order two sides with each entrée. Soups are ordered singly

Minestrone Soup
Allergen: gluten

Two Bean Soup

**Smoked Turkey w Shiitake
Mushroom Soup**

Seafood Chowder
Allergen: shellfish, dairy

Split Pea with Ham Soup
Allergen: dairy

Double Thick Lamb Loin Chop w Mint Drizzle

Baked Salmon w Creamy Greek Aioli
Allergen: dairy



Madeira Beef Stew with Braised Onions
Allergen: dairy



Seared Lemon & Cilantro Chicken Thigh w Green Olive Sauce

Indonesian Grilled Swordfish w Lemon Ginger Butter
Allergen: dairy

Crispy Lobster Cakes w Spicy Cilantro Lime Aioli
Allergen: dairy, gluten, shellfish



Savannah Meat Loaf w Creamy Pepper Gravy
Allergen: dairy, gluten



Duck Leg Confit

Menu for Delivery on Tuesday March 10, 2026

Order must be placed by noon on February 24

You may order two sides with each entrée. Soups are ordered singly

Crabmeat Bisque

Allergen: shellfish, dairy

Three Bean Chili

Italian Vegetable & Bean Soup

Allergen: gluten

Tomato Rice Florentine

Allergen: dairy

Sweet Potato Soup

Allergen: dairy

Crab Encrusted Halibut with Wasabi Vinaigrette

Allergen: shellfish

Prime Rib of Beef Au Jus

Chicken Parmesan

Allergen: gluten, dairy



Madeira Braised Short Ribs



Ginger Grilled Pork Tenderloin w Cranberry-Pear Relish

Yankee Pot Roast



Traditional Roast Turkey w Herb Stuffing and Gravy

Allergen: gluten



Seared Lemon Grass Catfish w Hoisin-Ginger Sauce

Allergen: soy



Menu for Delivery on Tuesday March 17, 2026

Order must be placed by noon on March 3

You may order two sides with each entrée. Soups are ordered singly

Cream of Broccoli Soup
Allergen: dairy

Potato Leek Soup
Allergen: dairy

Beef Vegetable Soup

White Bean & Escarole Soup

New England Clam Chowder
Allergen: dairy, shellfish

Herb Crusted Beef Tenderloin with Blue Cheese Butter
Allergen: dairy



Salmon Piccata with Herbed Angel Hair Pasta
Allergen: dairy, gluten



Apple Cider Grilled Flank Steak with Horseradish Cream Sauce
Allergen: dairy

Spinach, Manchego Cheese & Fig Stuffed Chicken w Saffron Cream Sauce
Allergen: dairy

Seared Crab Cakes with Cajun Remoulade Sauce
Allergen: shellfish, gluten, eggs



Corned Beef & Cabbage Dinner (boiled potatoes, turnips, carrots)



Baked Haddock w Lemon, Butter Ritz Crumble
Allergen: gluten, dairy



Blackened Swordfish w Lump Crab Tomato Salsa
Allergen: shellfish

Menu for Delivery on Tuesday March 24, 2026

Order must be placed by noon on March 10

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish, dairy

Harvest Turkey Soup
Allergen: gluten

Butternut Squash Soup
Allergen: dairy

Navy Bean & Smoked Ham Soup

Rosemary Crusted Rack of Lamb with Pomegranate Salsa

Seared Scallops over Sauteed Leeks w Mango Curry Chutney
Allergen: shellfish

Peach Barbecue Pulled Pork w Creamy Cole Slaw 
Allergen: dairy

Chicken Saltimbocca with Lemon Beurre Blanc 
Allergen: dairy

Shrimp Etouffee w/ White Rice 
Allergen: shellfish, dairy

Pan Seared Cod Basquaise

Thai Chicken Thigh w Coconut Curry Peanut Sauce 
Allergen: nut, soy

Hoisin Baby Back Ribs 

Menu for Delivery on Tuesday March 31, 2026

Order must be placed by noon on March 17

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup

Allergen: sesame, soy

**Spinach Veloute Soup w
Mascarpone Cheese**

Allergen: dairy

Shrimp Bisque

Allergen: shellfish, dairy

California Style Lentil Soup

Grilled Beef Tenderloin w Shallot, Caper, Balsamic Relish

Seared Salmon w Thai Lemongrass-Honey Sauce

Allergen: soy

Seared Fresh Tuna Steak w Avocado, Soy, Ginger & Lime

Allergen: soy



Baked Chicken Leg w Blackberry Sage Sauce

Lamb Stew



Baked Haddock with Lobster Crumb Topping

Allergen: shellfish, gluten, dairy

Chicken Cordon Bleu

Allergen: gluten, eggs, dairy



Cheese Ravioli & Grilled Italian Sausage w Tomato Cream Sauce

Allergen: gluten, dairy



Menu for Delivery on Tuesday April 7, 2026

Order must be placed by noon on March 24

You may order two sides with each entrée. Soups are ordered singly

Minestrone Soup
Allergen: gluten

Two Bean Soup

**Smoked Turkey w Shiitake
Mushroom Soup**

Seafood Chowder
Allergen: shellfish, dairy

Split Pea with Ham Soup
Allergen: dairy

Double Thick Lamb Loin Chop w Mint Drizzle

Baked Salmon w Creamy Greek Aioli
Allergen: dairy



Madeira Beef Stew with Braised Onions
Allergen: dairy



Seared Lemon & Cilantro Chicken Thigh w Green Olive Sauce

Indonesian Grilled Swordfish w Lemon Ginger Butter
Allergen: dairy

Crispy Lobster Cakes w Spicy Cilantro Lime Aioli
Allergen: dairy, gluten, shellfish



Savannah Meat Loaf w Creamy Pepper Gravy
Allergen: dairy, gluten



Duck Leg Confit

Menu for Delivery on Tuesday April 14, 2026

Order must be placed by noon on March 31

You may order two sides with each entrée. Soups are ordered singly

Crabmeat Bisque

Allergen: shellfish, dairy

Three Bean Chili

Italian Vegetable & Bean Soup

Allergen: gluten

Tomato Rice Florentine

Allergen: dairy

Sweet Potato Soup

Allergen: dairy

Crab Encrusted Halibut with Wasabi Vinaigrette

Allergen: shellfish

Prime Rib of Beef Au Jus

Chicken Parmesan

Allergen: gluten, dairy



Madeira Braised Short Ribs



Ginger Grilled Pork Tenderloin w Cranberry-Pear Relish

Yankee Pot Roast



Traditional Roast Turkey w Herb Stuffing and Gravy

Allergen: gluten



Seared Lemon Grass Catfish w Hoisin-Ginger Sauce

Allergen: soy



Menu for Delivery on Tuesday April 21, 2026

Order must be placed by noon on April 7

You may order two sides with each entrée. Soups are ordered singly

Cream of Broccoli Soup
Allergen: dairy

Potato Leek Soup
Allergen: dairy

Beef Vegetable Soup

White Bean & Escarole Soup

New England Clam Chowder
Allergen: dairy, shellfish

Herb Crusted Beef Tenderloin with Blue Cheese Butter
Allergen: dairy



Salmon Piccata with Herbed Angel Hair Pasta
Allergen: dairy, gluten



Apple Cider Grilled Flank Steak with Horseradish Cream Sauce
Allergen: dairy

Spinach, Manchego Cheese & Fig Stuffed Chicken w Saffron Cream Sauce
Allergen: dairy

Seared Crab Cakes with Cajun Remoulade Sauce
Allergen: shellfish, gluten, eggs



Corned Beef & Cabbage Dinner (boiled potatoes, turnips, carrots)



Baked Haddock w Lemon, Butter Ritz Crumble
Allergen: gluten, dairy



Blackened Swordfish w Lump Crab Tomato Salsa
Allergen: shellfish

Side Dishes

- **Roast Maple Sweet Potatoes** Allergen: dairy
- **Flame Roasted Baby Baked Potatoes**
- **Roasted Red-Skin & Yukon Gold Potatoes**
- **Mashed Potatoes** Allergen: dairy
- **Mashed Sweet Potatoes** Allergen: dairy
- **Wild Rice Pilaf**
- **Rice Pilaf**
- **Green Beans**
- **Asparagus Cuts**
- **Carrots**
- **Green Peas**
- **Whole Kernel Corn**
- **Chopped Spinach**
- **Broccoli**
- **Cauliflower**
- **Southwest Roast Corn & Black Beans with Bell Pepper & Onions**
- **Six Vegetable Medley**

DESSERTS

Chocolate Chip Cookies (4 pieces)

Oatmeal Cookies (4 pieces)

Sugar Cookies (4 pieces)

Brownies (2 pieces)

Raspberry Squares (2 pieces)

(All desserts contain Gluten)





Printed October 2025